

PREVENT HEAT ILLNESS IN YOUR SPORT



Adapt athletes to exercise in the heat (acclimatization) gradually over 10 to 14 days.

Athletes should sleep at least 6 to 8 hours at night in a cool environment.

Athletes should eat a well-balanced diet that follows the Food Guide Pyramid and United States Dietary Guidelines.

Schools should develop practice and event guidelines for hot and humid weather.

Schedule training sessions to avoid the hottest part of the day (10 AM to 5 PM).



Athletes should replace fluids between practices on the same day and on successive days to maintain less than 2% body-weight change.



Athletes should match fluid intake with sweat and urine losses to maintain adequate hydration. Athletes should drink sodium containing fluids to keep their urine clear to light yellow.

Sources: The National Athletic Trainers Association, Journal of Athletic Training